SPECIFICATION AMENDMENT

Please amend the Specification as follows:

Page 2, lines 18-20:

i. a free-standing vertical rear support ~~frame~~ wall and
ii. at least one pair of vertical side support frames pivotally attached to said rear support ~~frame~~ wall; and

Page 3, lines 3-5:

said opposing sides of said user base being removably attached to each of said pairs of vertical side support frames and one end of each user base abutting said vertical rear support ~~frame~~ wall.

Page 4, lines 18-20:

i. a free-standing vertical rear support ~~frame~~ wall 10 and
ii. at least one pair of vertical side support frames (30 and 32 or 34 and 36) pivotally attached to said rear support ~~frame~~ wall 10; and

Page 5, lines 6-15:

said opposing sides of said user base 6 being removably attached to each of said pairs of vertical side support frames and one end of each user base 6 abutting said vertical rear support ~~frame~~ wall 10.

The apparatus **1** may further comprise the user gripping bar 2 being vertically adjustable at a plurality of discrete vertical positions. Preferably, the apparatus **1** is freestanding and stowable. Optionally, the apparatus **1** may be provided with one or more pairs of stabilizing legs 8. This invention also contemplates an apparatus **1** in which a second pair of vertical support frames 34 and 36 is mounted on the rear of the free-standing vertical rear support ~~frame~~ wall 10 and a second support base 7 is provided for attachment to that second pair of vertical support frames 34 and 36 as will be described later.

Page 6, line 7 – page 7, line 11:

The vertical support assembly 4 comprises a freestanding vertical rear support ~~frame~~ wall 10 and a pair of vertical side support frames 30 and 32 hinged to the front side edges 12 of the freestanding rear support ~~frame~~ wall 10 so that the side support frames 30 and 32 can be folded toward, and preferably into the rear support ~~frame~~ wall 10 for portability and stowage. The hinges (not shown) define a vertical axis about which the side support frames rotate in opening into the operative position of the apparatus **1** and in closing into the folded position. These vertical axes of rotation are parallel to each other and, preferably, positioned within the peripheral outline of the freestanding rear support ~~frame~~ wall 10. In conjunction with the bar 2 and the base 6, the vertical support

assembly 4 acts as a force containment cage so that the force or forces generated by the user can be at least borne by the apparatus 1, and preferably contained within the apparatus 1.

The free-standing rear support ~~frame~~ wall 10 comprises a rectangular back sheet 12 held in position by a top user support member 14. The rectangular back sheet 12 extends vertically from proximity to the bottom of the apparatus 1 to abutment to the bottom of the top member 14 so that the user can be supported at any point of their anatomy that may be at a height sufficient to contact the freestanding rear support ~~frame~~ wall 10. This is illustrated in Figs. 10 and 11 in which in Fig. 10 a user U performs a first exercise using the apparatus 1 in which the user makes contact with the back sheet to a certain height and then in Fig. 11 the user U performs a second exercise using the apparatus 1 in which the user makes contact with the back sheet to a different height, thereby illustrating the need for the aforesaid extension of the back sheet vertically from proximity to the bottom of the apparatus 1 to abutment to the bottom of the top member. The rectangular back sheet 12 also prevents racking and the top user support member 14 stiffens the back sheet 10 against flexing. If desired and as illustrated in Fig. 9, an alternative embodiment of the back sheet structure may be provided in which the back sheet 12 may be provided with side support members 16 and 18 and bottom member 20, as well as the top support member 14. In this embodiment, each of the side frame members 16 and 18 is provided with hinges for its associated vertical side support frame 30 or 32 to pivot on.

Page 8, lines 20 – page 10, line 5:

Optionally and as may be seen in Fig. 8, the apparatus 1 may be provided with one or more pairs of stabilizing legs 8. Each leg 8 is apertured at its upper end 8a for attachment to its side support frame 30. The lower end 8b of each leg 8 may be chamfered at an angle that permits the end surface of the leg to rest substantially flat on the surface on which the entire apparatus 1 rests. The vertical space between the top member 50 of each side frame 30 or 32 and the first brace member 52 beneath it may be provided with a vertically extending support web 52a. The web 52a is provided with at least one vertically extending slotted aperture 52b. Each leg 8 extends angularly forwardly and downwardly from the slotted aperture 52c to the support surface on which the apparatus 1 rests. Each leg 8 is adjustably mounted to the web 52a by the shaft of a bolt (not shown) passing through the slot 52b and an aperture 8c in the leg and held in place by the head of the bolt and a nut (not shown) threaded onto the bolt. Even more preferably, the apparatus 1 is provided with two pairs of stabilizing legs, a front pair 8 as previously described, and a rear pair 9 that extends angularly rearward and downwardly from a second, or rear, vertically extending slotted aperture 52c to the support surface on which the apparatus 1 rests. The length of each slotted aperture 52b and 52c is sufficient to permit the upper end of the associated leg 8 or 9 to be slid upwardly and the associated leg to be rotated into a vertical orientation with the lower tip flush with the associated foot member 44 and the upper end to rest at a position whose vertical height is less than or equal to the height of the top of the top member 14 of the rear support ~~frame~~ wall 10.

In an alternative embodiment, the vertical support assembly comprises a freestanding vertical rear support ~~frame~~ wall 10 and a pair of vertical side support frames hinged to the front side edges of the free-standing rear support ~~frame~~ wall 10 as aforesaid, and a second pair of vertical side support frames 34 and 36 hinged to the rear side edges of the free-standing rear support ~~frame~~ wall 10 (so that the rear side support frames can be folded toward, and preferably into the

vertical frame for portability and stowage.) This construction permits two users to use the apparatus **1** at the same time and, since they are facing each other, each may use their side, or station, independently of the other. In this embodiment, the front station (as described with respect to the first embodiment) and the rear station (which uses the same components as the first embodiment save for the vertical frame which is shared in common) are mirror image symmetrical with respect to each other. In this embodiment, legs may not need to be provided.

Page 10, line 21 – page 11, line 13:

The apparatus **1** of the present invention, whether as the embodiment of Figs. 1-6 and 8-12 or as the embodiment of Fig. 7, can be folded for stowage or storage. In so folding the apparatus **1**, the support base 6 is removed from connection to the foot members 44 of a pair of side support frames 30, 32, 34 or 36 by sliding the support base 6 forward until its side channels 6b are disengaged from the associated attachments on the foot members 44. Contemporaneously, the gripping bar 2 is removed from the adjustment apertures 38, 40, or 44 on the associated side support frames 30, 32, 34, or 36. Then, when the support base 6 and the gripping bar 2 have been disengaged from the side support frames, the side support frames are rotated on their associated vertical pivots with the front edge of each side support frame rotating inwardly and rearward toward the central portion of the freestanding rear support ~~frame~~ wall 10 until the front edges are at least flush under the top member 14 of the support frame 10. Preferably, the support base 6 and the gripping bar 2 are stowed in the space between the back sheet 12 and the side support frames, 30 and 32, or 34 and 36 before the side support frames are completely folded and closed. The brace members 52 can act as gripping handles in this folding operation and in handling the apparatus **1** for storage and stowage.

Page 14, Abstract:

A portable exercise apparatus having at least one removable, horizontal user gripping bar for supporting at least portion of the force generated by a user during exercise; a vertical frame capable of supporting at least portion of the force generated by a user during exercise that includes a free-standing vertical rear support ~~frame~~ wall and at least one pair of vertical side support frames pivotally attached to the rear support ~~frame~~ wall; and at least one user support base having opposing sides and opposing ends and capable of supporting at least portion of the force generated by a user during exercise. Each user gripping bar is removably attached to each of the pairs of vertical side support frames; and the opposing sides of the user base being removably attached to each of the pairs of vertical side support frames. One end of each user base abuts the vertical rear support ~~frame~~ wall.